

## ABSTRACT

The invention relates to a sports brace comprising an elastic woven or knitted fabric, which for a sport of the kind that is performed using the arm or hand can be secured to the applicable arm or wrist (2) of the person using it by means of a closure (4).

In order to provide that the sports brace (3) has better relief of the player's hitting hand or arm, compared to known braces, the invention proposes providing a plurality of weights (15), distributed over the surface, which act counter to the force of the ball hitting the racket used. To that end, the weights (15) or partial masses (18) of the weights (15) are movable within limits, so that their distribution over the brace also assures effectiveness at various impact angles of the ball or given a different posture of the hitting hand (1).